



St John's C.E. Primary School

FABS Menu Summer



Week 1

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal, toast or fruit	3 fish fingers, and beans
Tuesday	Cereal, toast or fruit	Pasta with chunky vegetable tomato sauce
Wednesday	Cereal, toast or fruit	Hot chicken wrap or vegetarian chicken wrap with cucumber and lettuce
Thursday	Cereal, toast or fruit	Pork sausage or vegetarian sausage on a finger roll
Friday	Cereal, toast or fruit	Mini pizza

Week 2

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal, toast, , fruit	Pasta with chunky vegetable tomato sauce
Tuesday	Cereal, toast, fruit	Sausage and seasoned noodles
Wednesday	Cereal, toast, fruit	Hot chicken wraps or vegetarian chicken wraps with, cucumber and lettuce
Thursday	Cereal, toast, fruit	Pizza
Friday	Cereal, toast, fruit	Hot Dog in Finger Roll

Week 3

DAY	BREAKFAST	AFTERSCHOOL
Monday	Cereal, Toast, fruit	Potato waffles and beans
Tuesday	Cereal, Toast, fruit	Choice of soup and hot naan bread
Wednesday	Cereal, Toast, fruit	Hot chicken wraps or vegetarian chicken wraps with cucumber and lettuce
Thursday	Cereal, Toast, fruit	choice of sandwich with veg sticks
Friday	Cereal, toast, fruit	Sausage Roll

All food is freshly cooked on the premises each day and healthy options are available with every meal. Fresh cucumber and lettuce can be added to any meal. Wholegrain cereal choices available every day with semi-skimmed milk. Toast is brown bread only with low fat spread. Fresh fruit is available every day for extra snack options.

April 2025